

Table 1. Demographic characteristics of the study population	
Age (years)	65.0 ± 10.0
Gender (male/female)	100/100
Education (years)	12.0 ± 2.0
Marital status (married/divorced/widowed)	150/50/50
Occupation (retired/employed)	150/50
Income (USD/month)	1,500 ± 500
Comorbidities (hypertension/diabetes/cholesterol)	100/50/50
Medication (antidepressants/antipsychotics)	100/50
Alcohol consumption (yes/no)	50/150
Smoking status (current/former/never)	50/100/50
Family history (depression/schizophrenia)	50/50
Duration of illness (years)	10.0 ± 5.0
Previous hospitalizations (yes/no)	100/50
Current symptoms (depression/schizophrenia)	100/50
Functional status (independent/dependent)	100/50
Social support (yes/no)	100/50
Quality of life (SF-36 score)	50.0 ± 10.0
Healthcare utilization (yes/no)	100/50
Health insurance (yes/no)	100/50
Health literacy (yes/no)	100/50
Health beliefs (yes/no)	100/50
Health behaviors (yes/no)	100/50
Health outcomes (yes/no)	100/50
Health status (yes/no)	100/50
Health needs (yes/no)	100/50
Health resources (yes/no)	100/50
Health barriers (yes/no)	100/50
Health enablers (yes/no)	100/50
Health determinants (yes/no)	100/50
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Gender (male/female)	10/10
Marital status (married/divorced/separated)	10/0/0
Education (years)	12.0 ± 2.0
Occupation (white/blue collar)	10/0
Income (USD/month)	1,500.0 ± 500.0
Smoking status (smoker/nonsmoker)	5/5
Alcohol consumption (yes/no)	2/8
Family history of hypertension (yes/no)	3/7
Duration of hypertension (years)	5.0 ± 3.0
Current antihypertensive treatment (yes/no)	10/0
Medication (type/dose)	10/0
Comorbidities (diabetes/cholesterol/kidney disease)	0/0/0
Physical activity (yes/no)	5/5
Stress level (high/low)	5/5
Sleep quality (good/poor)	5/5
Overall health status (good/fair/poor)	10/0/0

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